

He Is Risen



SABBATH AFTERNOON

Read for This Week's Study: *Matt. 28:9, John 11:1-46, 20:10-18, Rom. 6:4-6, 1 Cor. 15:3-8.*

Memory Text: “Why seek ye the living among the dead? He is not here, but is risen” (*Luke 24:5, 6*).

His name was Rebbe (for Rabbi) Menachem Schneerson, and at the time of his death in 1994, speculation was rife among thousands of Lubavitch Jews that the 92-year-old spiritual leader was the long-awaited Messiah. After all, they said, he claimed lineage to King David (and such a righteous man as the rebbe would not lie). His physical sufferings fulfilled, they said, the predictions of Isaiah 53; and the intravenous tubes in his body were a fulfillment of the predictions that the Messiah's hands and feet would be pierced. All that remains, they believe, is for him to be resurrected from the dead.

So far, though, Rebbe Schneerson is still resting quietly.

Contrast this rebbe and his death to another Rebbe and His death, almost two thousand years ago. It's obvious which one is the real Messiah.

The Week at a Glance: What specific miracles did Jesus do that should have prepared people for His resurrection, were they open to it? How convincing is the evidence for the resurrection of Jesus? How does the resurrection of Christ form the foundation for our own? What happened at the Cross that has paved the way for our resurrection?

**Study this week's lesson to prepare for Sabbath, February 26.*

Precursors

Throughout His earthly ministry, Jesus performed numerous miracles: healing those who were blind, feeding the 5,000, turning water into wine, curing leprosy, walking on water, casting out demons, mending deformities, stilling a storm, raising the dead, and so many other acts that, as John said, the world itself couldn't contain the books "that should be written" about what Jesus did (*John 21:25*).

Read the following texts. What miracles did Jesus perform here, and how do these acts fit in with the miracle of His own resurrection from the dead? See also *Matt. 11:5*.

Mark 5:35-43

Luke 7:11-17

John 11:1-46

What's so important about these accounts is they prove that the power attending Jesus and His ministry is so great that even the dead could be raised. Numerous times prior to the cross, Jesus talked about not just His death but His resurrection from that death (*see Matt. 12:38-40; 17:22, 23; 20:19*). Under normal circumstances, one could (and should) be a bit skeptical about someone who claimed that although he or she was going to die soon, three days after death he or she would be resurrected. Of course, Christ's situation was hardly "normal"; even more so, by doing what He did in raising the dead, Jesus gave His followers and all those who had heard about Him undeniable demonstrations of the power of God to raise the dead, thus making the promise of His own resurrection something that should have been easier for people to believe.

Read *John 11:25*. What's so important about what Jesus said here? Why, in the context it was given, were those words so powerful and so full of hope?

Most household dust is composed, really, of us; it's dead skin. Run a finger across a counter, and you'll be staring at your future, at least in the short term. What, however, is your long-term hope, and how is that linked to the resurrection of Jesus?

Key Text: *Romans 6:4-6.*

Teachers Aims:

1. To review the convincing evidence that Jesus is the true Messiah.
2. To find in Jesus the power to remove the fear of death.
3. To see Jesus' resurrection as a relevant and timely truth to proclaim.

Lesson Outline:

I. Jesus—the Author of Life (*John 11:25*).

- A. Jesus performed numerous miracles that proclaimed His power over disease and death.
- B. These miracles were intended to make it easier for others to believe in His coming resurrection.
- C. The disciples proclaimed Jesus' victory over death at the cost of persecution, even death.

II. A Belief Founded on Jesus (*Matt. 27:52, 53*).

- A. Jesus asked the disciples to believe, based on who He was and what He had done.
- B. Martyrs, raised at Jesus' resurrection, joined in proclaiming His victory over death.
- C. The disciples became bold witnesses of Jesus' life, death, and resurrection.

III. Jesus' Resurrection—a Guarantee of Our Own (*Luke 24:33*).

- A. We are no longer the captives of Satan; Jesus has redeemed us.
- B. This good news becomes the foundation of our hope now, as well as for an eternal future.
- C. A radical change can be experienced when Jesus is the center and focus of our lives.

Summary: During Jesus' ministry on earth, His miracles gave evidence of His identity and the power to provide life-saving changes in human lives. He raised people from the dead to foreshadow His own resurrection. This is our great hope of freedom from the fear of, and the focus on, death that Satan uses to hold us captive.

COMMENTARY

He Is Risen.

Introduction. Christ's resurrection, ascension, and subsequent work as our High Priest in heaven immortalize Calvary and apply its inexhaustible power to attract and save every soul who cooperates with God's redeeming grace.

I. Precursors.

Christ's several acts of raising the dead—Jairus's 12-year-old

The Resurrected Christ

Leo Tolstoy wrote his great novel *War and Peace* about a number of aristocratic Russian families during the time of Napoleon's war against Russia in the early 1800s. The story itself, the characters, their lives, were a fabrication. He made them all up.

Now, imagine Tolstoy insisting that these people were, in fact, real and that they actually lived and did what he said they did. Imagine, too, that he was told by the authorities to stop telling people that his characters were real or that the police would throw him in jail or even kill him. Unless Tolstoy were insane, he'd stop, would he not? Why die promoting as truth a story you made up and know is a lie?

In a sense, this is the dilemma that the critics of the resurrection of Jesus face: Why would the Bible writers make up the story that Jesus was raised from the dead when He wasn't? It's not as if they became wealthy, popular, or successful by promoting this story; on the contrary, they faced ostracism, persecution, torture, jail, and, in some cases, death. Why go through all that for a story that you purposely concocted?

Below are some accounts of Christ's postresurrection appearances: **Matthew 28:9, Luke 24:33-49, John 20:10-23, John 21:1-14, Acts 1:4-9.** What transpired at these meetings? What hope did Jesus give them? Why would it make no sense for these people to have made up this story?

Jesus appeared numerous times to His followers. He obviously wanted them to be strong in their belief in whom He was and what He had done. It worked, too. They went from a band of dejected, scattered, and frightened people (*Matt. 26:56, Mark 14:50, Luke 24:17, John 20:19*) to a spiritually powerful group of men and women who boldly proclaimed the life, death, and resurrection of Jesus, the Messiah of Israel and the world. Obviously, they believed that Jesus had been resurrected, for they dedicated the rest of their lives to proclaiming that truth. *See also 1 Cor. 15:3-6.*

Most of the world, however, has not seen the resurrected Jesus. Yet, we are asked to believe anyway. If someone were to ask you, Why do you believe in the resurrection of Christ, what would you answer?

daughter, the widow of Nain's son, and Lazarus—clearly attest that His claim to be “the resurrection and the life” (*John 11:25*) was no deception or delusion. Jesus asserted that He not only had inherent power to resurrect the good and the evil but to judge all humans according to their deeds (*see John 5:24-29*).

“Satan cannot hold the dead in his grasp when the Son of God bids them live. He cannot hold in spiritual death one soul who in faith receives Christ's word of power. God is saying to all who are dead in sin, ‘Awake thou that sleepest, and arise from the dead.’ Eph. 5:14. That word is eternal life. As the word of God which bade the first man live, still gives us life; as Christ's word, ‘Young man, I say unto thee, Arise,’ gave life to the youth of Nain, so that word, ‘Arise from the dead,’ is life to the soul that receives it. God ‘hath delivered us from the power of darkness, and hath translated us into the kingdom of His dear Son.’ Col. 1:13. It is all offered us in His word. If we receive the word, we have the deliverance.”—Ellen G. White, *The Desire of Ages*, p. 320.

II. The Resurrected Christ.

The mighty events surrounding Christ's resurrection—the earthquake, His coming forth from the tomb in radiance so dazzling that the Roman guards fell as dead men at the sight, the coming forth of resurrected saints from their tombs, the changed demeanor of the disciples from despondency to dauntless courage and zeal—all bore undeniable witness to the reality of Christ's resurrection.

“The priests, in putting Christ to death, had made themselves the tools of Satan. Now they were entirely in his power. They were entangled in a snare from which they saw no escape but in continuing their warfare against Christ. When they heard the report of His resurrection, they feared the wrath of the people. They felt that their own lives were in danger. The only hope for them was to prove Christ an impostor by denying that He had risen. . . . The priests and rulers were in continual dread, lest in walking the streets, or within the privacy of their own homes, they should come face to face with Christ. They felt that there was no safety for them. Bolts and bars were but poor protection against the Son of God. By day and by night that awful scene in the judgment hall, when they had cried, ‘His blood be on us, and on our children,’ was before them. Matt. 27:25. Nevermore would the memory of that scene fade from their minds. Nevermore would peaceful sleep come to their pillows.”—Ellen G. White, *The Desire of Ages*, p. 785.

III. Witnesses From the Grave.

Christ resurrected these saints, and they circulated throughout Jerusalem, not to frighten people but to reinforce the great and noteworthy reality that Christ Himself was indeed the Resurrection and had the keys to death and the grave (*Rev. 1:18*). To miss this

Witnesses From the Grave

“And the graves were opened; and many bodies of the saints which slept arose, and came out of the graves after his resurrection, and went into the holy city, and appeared unto many” (*Matt. 27:52, 53*).

At the moment Christ died, Matthew records three events: (1) The veil in the temple was torn (*Matt. 27:51*), (2) the earth quaked and rocks split (*vs. 51*), (3) and graves were opened (*vs. 52*). It was, however, only after Jesus Himself had been resurrected early on the first day of the week that “many bodies of the saints which slept arose” (*vss. 52, 53*).

Why was it only after Christ’s resurrection, and not before, that these saints rose?

How appropriate that only after Jesus was resurrected would some of these saints be resurrected, as well: His resurrection was the guarantee of theirs (and ours). Through this act, the Lord has given the world (not to mention those who saw these people) even more reasons to believe in the power of His resurrection.

What did Matthew say that these resurrected saints did after they arose?

Outside of Matthew’s few verses, Scripture says nothing else explicitly about these saints. Who were they? What happened to them? What impact should they have made on those who saw them? (Remember what Jesus said in Luke 16:30, 31?) Ellen White writes that these were martyrs who had given their lives for the Lord and that they had been “raised to everlasting life” (unlike those whom Jesus had raised from the dead earlier, who were still subject to death) and that when He ascended to heaven He took them with Him: “They ascended with Him as trophies of His victory over death and the grave. These, said Christ, are no longer the captives of Satan; I have redeemed them. I have brought them from the grave as the first fruits of My power, to be with Me where I am, nevermore to see death or experience sorrow.”—Ellen G. White, *The Desire of Ages*, p. 786.

“Nevermore to see death or experience sorrow.” Dwell on what that means. Using your imagination (you’re going to need it), write a paragraph on what life will be like without death or sorrow. (See Rev. 21:1-5 for some hints.)

central fact is to have a greatly diminished and grossly inaccurate idea of Christ that would reduce His sacrifice to a mere act of martyrdom endured for misguided ideological purposes. But if it could be demonstrated (as it very effectively was by the manner of Christ's resurrection and the after-events) that He had the power to come forth from the tomb and to resurrect His saints, then the seal

Inductive Bible Study

Texts for Discovery: *Luke 24:33, 48; John 5:24, 25; 11:25; Romans 6:4-6; Revelation 21:1-5.*

- ① When someone has a special surprise planned for you, how does this person's action or demeanor give you suggestions of what is to come? Jesus ministered to people, performing amazing miracles. He even raised the dead. How was He using these miracles to prepare His disciples for His resurrection? Why were they so oblivious to what was about to take place? Which of your preconceived ideas stand in the way of your fully understanding what Jesus wants to do in your life?
- ② Silk flowers give us a hint of what the never-fading flowers in heaven will be like. Jesus is more than a hint of salvation; He is the real Messiah. With so many people and ideologies competing for our allegiance, how would you share Jesus as the real Source of help and change? What part of your personal testimony would be most convincing?
- ③ When Jesus died on the cross, an earthquake shook the ground, the veil in the temple was torn, and graves were opened. At His resurrection, those dead martyrs were raised to life and went into the city as witnesses. What has it taken to direct your attention toward Jesus? Why is it so often hard for Him to reach us or our neighbors and friends?
- ④ Paul proclaimed Jesus as the Lord of life, the One and only Foundation of the whole Christian hope. In light of our fear of death, why is Jesus' triumph so critical? How has this good news changed the focus of your life? Discuss ways you could share your hope with a friend or neighbor.
- ⑤ When someone hands a gift to the person next to you, do you anticipate you will receive one too? What is it like when you are given something you really wanted? Jesus extends the ultimate gift, new life in Him, both now and eternally. How can we see our acceptance as more than a one-time event? What does it mean to continually experience *newness of life*?

Paul and the Resurrection of Jesus

Though the apostle Paul speaks very little about the life of Christ, the death and resurrection of Jesus are constant themes in Paul's letters. These events are for him the foundation of the whole Christian hope.

Read 1 Corinthians 15:3-8 and then answer these questions:

- **What did Paul consider of *first importance*?**

- **Paul said that both Christ's death and resurrection were "according to the Scriptures." See also Acts 17:2, 3. Why is that so important? Who else tied these specific events to the Scriptures? See Luke 24:25-27.**

- **In verses 5-7 Paul spends a lot of time on one subject. What is it, and why do you think he emphasizes it so much?**

In the rest of 1 Corinthians 15 Paul stresses one point: Our hope of the resurrection from the dead rests on Christ's resurrection from the dead. As humans, we have no natural immortality (*1 Tim. 6:15, 16*). Death is an unconscious sleep (*John 11:11, 1 Thess. 4:13*), not some ascent or descent into another existence. The Lord is the Lord of life; death, therefore, is the enemy (*1 Cor. 15:26*), against which we, as humans, have, on our own, no hope of defeating. In the end, if death is not conquered, all for which we have lived ends in the grave. Paul says that without the resurrection, our faith is in "vain" (*1 Cor. 15:17*), from a Greek word that means "useless" or "of no purpose."

On the other hand, Christ was raised from death, He conquered death, and we can by faith become partakers of that same victory. He paid the penalty for our sin—which is death itself. Because that penalty has been paid, we don't have to face it ourselves; instead, as He was raised, we will be raised, too, and given the eternal life that was lost through sin but regained for us through Jesus. All we face now is a temporary sleep; the final punishment, the eternal punishment that sin already brings, has been taken care of for us at the Cross. The redeemed, either awake or asleep, are simply waiting for the consummation of what Christ has done for them. Our resurrection to eternal life is that final consummation.

would be forever set to the validity of His Messiahship and His gospel. By virtue of His resurrection, death had no more dominion. Indeed, Christ, by His own death “abolished death, and hath brought life and immortality to light through the gospel” (*2 Tim. 1:10*) and delivered them “who through fear of death were all their lifetime subject to bondage” (*Heb. 2:15*).

IV. Paul and the Resurrection of Jesus.

Read 1 Corinthians 15:1-4. What a grand declaration and definition of the gospel we find in this passage! This apostolic credo places Christ’s resurrection as the authenticating seal of the gospel (hence the full development of that theme in the whole fifteenth chapter). To Paul, the Resurrection invests Calvary with redeeming power, for Jesus’ resurrection imparts efficacy to His life-giving, sin-destroying work on the cross (*see 1 Cor. 15:17, 2 Cor. 4:10-14, 5:14-16*). Hence, for Paul, the Cross was the tree of life, the fountain of grace, the sword of spiritual authority, the searchlight of the soul, the ploughshare of truth, the pulse beat of divine love, the song of redemption, the throne of mercy, the bar of justice, the refuge of the repentant, the emblem of Christian discipleship, the key to all wisdom, the scepter of divine government, the pathway and pledge of eternal life.

Witnessing

This week we discuss the concept of born-again Christians. How do others recognize in each of us born-again Christianity? Is it because of the things we avoid, or is it because of the things we embrace? Is it a combination of both?

The apostle Paul writes it is necessary for Christians to experience the true death of sin in our lives. We bury sin forever when we choose to believe in Jesus Christ and accept without conditions His plan of salvation. If we have truly accepted Christ as our personal Savior, we will be unable to keep the pure joy of this good news to ourselves. We will be incapable of holding in the story of His plan of redemption. We will search for ways to share His love with others, and we will willingly live a life in harmony with His teachings. Witnessing to others through our deeds and actions will be as natural as breathing. Others will know in an instant that we live our faith.

So, if you question whether others see in you a positive example of the full Christian experience, you might want to ask yourself this question: Am I perhaps missing a portion of God’s blessings He freely bestows to His children? By taking inventory and making any necessary adjustments, you will become the born-again Christian He leads you to be.

Resurrection, Now and Then

Read John 5:24,25. Jesus seems to be talking about two *types* of eternal life here. What are they, and how are they tied together?

The Bible talks about a *resurrection* that believers can experience even prior to death. The one who believes in Jesus now has passed from death to life. What is a passage from death to life other than a resurrection? In other words, those who believe in Him go through a radical change, not just when they are brought from the grave, but they go through a change now, a born-again experience in which Christ becomes the center and focus of their life. It's such a radical life-changing experience that Jesus Himself links it with something as radical as the dead being raised to life at the end of time.

Read Romans 6:4-6. What is Paul saying here that parallels Christ's words in John 5:24, 25? Why does Paul use the imagery of Christ's resurrection?

For Paul, the death and resurrection of Jesus weren't just historical events, such as the death of Mary, Queen of Scots, is to us. Instead, they are living symbols of what we, ourselves, as followers of Christ, must experience in our own lives now.

Paul is saying that we, in a sense, must spiritually go through what Christ did: a death, not in a literal sense, but a death to self, a death to sin, a death to living for the flesh. But not only that, the same power that brought Jesus from the grave can bring us into "newness of life," a life where we are no longer under the dominion of sin and of the flesh. This is a crucial, inseparable part of the whole Christian experience.

If someone were to ask you, "Have you gone through what Jesus and Paul both talked about in the above verses?" what would you answer? If your answer were Yes, and you were then asked "What was that experience like?" what would you say? Also, is what Paul talked about a one-time experience, or is it something that must go on continually? Explain your reply.

V. Resurrection Now and Then.

It is every believer's privilege to walk and work in the resurrection power of Jesus. (See *Eph. 1:17-20*.) In order for that power to freely operate in our lives, we must be dying to sin and coming alive to Christ's righteousness continually (see *Rom. 6:1-8*, *1 Cor. 15:31-34*, *Phil. 3:9*; Ellen G. White, *The Upward Look*, p. 78).

Life-Application Approach

Icebreaker: What was one of the biggest surprises in your life?

Verses for Group Focus: *Luke 24:33-49*.

Thought Questions:

- ① How did Jesus convince the disciples of the reality of His resurrection? (Teachers: If your class does not mention the evidence from Scripture, press them until they see that aspect of *Luke 24:33-49*.)
- ② Touching, feeling, and eating are not as convincing and as important as Scripture. Why not?

Application Questions:

- ① Jesus used Scripture to help His disciples understand He had risen. Why is it important to go to the Bible to support the claims of our faith?
- ② What might convince your neighbor or co-worker of the reality of Jesus' death and resurrection?
- ③ How does the death and resurrection of Jesus put our own lives and deaths into perspective?
- ④ The disciples were terrified and doubting. Yet, they became powerful advocates for Jesus. What made the difference for them? (See *vs. 48*, *John 20:22*.) We tend to be frightened and unsure, just as they were. What might make the difference for us?
- ⑤ Jesus is our example. In *Luke 24:48*, Jesus instructed His disciples to witness to the things they had seen and heard that day and all the days they had been with Jesus. Jesus' instructions are for us also. How can we be good witnesses?

Further Study: “During these days that Christ spent with His disciples, they gained a new experience. As they heard their beloved Master explaining the Scriptures in the light of all that had happened, their faith in Him was fully established. They reached the place where they could say, ‘I know whom I have believed.’ 2 Timothy 1:12. They began to realize the nature and extent of their work, to see that they were to proclaim to the world the truths entrusted to them. The events of Christ’s life, His death and resurrection, the prophecies pointing to these events, the mysteries of the plan of salvation, the power of Jesus for the remission of sins—to all these things they had been witnesses, and they were to make them known to the world. They were to proclaim the gospel of peace and salvation through repentance and the power of the Saviour.”—Ellen G. White, *The Acts of the Apostles*, p. 27.

“The miracle which Christ was about to perform, in raising Lazarus from the dead, would represent the resurrection of all the righteous dead. By His word and His works He declared Himself the Author of the resurrection. He who Himself was soon to die upon the cross stood with the keys of death, a conqueror of the grave, and asserted His right and power to give eternal life.”—Ellen G. White, *The Desire of Ages*, p. 530.

Discussion Questions:

- 1** Why didn’t Jesus reveal Himself immediately to Cleopas and his friend as they walked mournfully to their home in Emmaus? Why did He first give them such a detailed study from the Scriptures concerning His death, burial, and resurrection? *Luke 24:13-32*.
- 2** Consider what a difference it made in the lives of the apostles that they served a risen Savior and not just a martyr whose memory they could revere. What difference does it make to you personally that you serve a risen Savior and are not merely honoring a deceased hero of ancient fame?
- 3** How do you understand the idea that those who believe in Jesus have eternal life now? What does that mean to you? How would you explain it, for example, at the funeral of a good Christian?